

55+ Active Adult Programs

Neighborhood Program

- Meets Tuesdays and Fridays from 10:00 AM—2:00 PM
- Drop in and stay as long as you wish
- Coffee and conversation - coffee, tea, and snacks provided
- Chair exercise every Tuesday and Friday
- Bingo, Current Events, Brain Teasers and MORE!
- Free Blood Pressure Screening every 2nd Tuesday of the month, 10:45 AM –11:15 AM—provided by Suburban Hospital

Upcoming Programs @ PCC

Keeping Seniors Safe (KSS) Lecture: Friday, October 5 @ 1:00 PM—

The KSS program was established to increase awareness of safety issues within the senior community and to provide guidance and resources to seniors in regard to this issue. Join us as we hear more about the following topics:

- Safe shopping habits and parking lot safety
- Home safety and personal preparedness for an emergency
- Fraud and Scams
- Identity theft identification and prevention
- Who to call for emergency and non-emergency needs

No RSVP required. Snacks and drinks will be provided.



Senior Program

Coordinator:

Gloria Mayes

Center Director:

Pete Selikowitz

Assistant Center

Director:

Beth Coffman

11315 Falls Road

Potomac, MD 20854

240-777-6960

Hablamos Español

Center Hours:

Monday-Thursday

9 AM-9 PM

Friday

9 AM-5 PM

Saturday & Sunday

9:30 AM –5 PM



Line Dance Class Extended!

Every Friday 11:15 AM to 12:30 PM—Reduce stress, increase energy, and burn calories! Come join Helen Ni as she teaches this line dance class. **YOU NEED A GYM RAT OR SENIOR SNEAKER MEMBERSHIP TO PARTICIPATE.**

Fall Registration

Registration for Fall classes has begun! Pick up a copy of the Fall Guide at the front desk and see what classes we have to offer!

“Life is great when you participate!”

Ongoing 55+ Open Gym Programs

Sunday	Volleyball	9:30 AM-11:30 AM
Monday	Tai Chi	9 AM-11 AM
	Pickleball	6 PM-7:50 PM
Tuesday	Pickleball*	11 AM-2 PM
	Open Gym Basketball	8 PM-8:50 PM
Wednesday	Tai Chi	9 AM-11 AM
Thursday	Open Gym Basketball	8 PM-8:50 PM
Friday	Tai Chi	9 AM-11 AM
	Line Dance	11:15 AM-12:30 PM
	Pickleball	11:30 AM-2 PM
Saturday	Badminton	2 PM-4:45 PM

Senior Shape: Mondays @ 11 AM, Tuesdays & Fridays @ 10 AM, Wednesdays @ 9 AM

Low impact fitness class offered by Suburban Hospital. [Contact 301-896-3939 to register.](#)

Gym Rat Pass: Required for all drop-in activities at PCC. These include Line Dance, Tai Chi, Pickleball, Badminton, Volleyball and Open Gym Basketball. **COST: \$30 per year**

Senior Sneaker Pass: For Ages 55 and up, enjoy Line Dance, Tai Chi, Pickleball, Badminton, Volleyball, and Open Gym Basketball **plus** access to our fitness center. The fitness center has treadmills, ellipticals, specialty machines, and free weights. **COST: \$50 per year**

SHARE WITH US

Let us know what 55+ Active Adult activities and programs you want to see at PCC. We are always looking for new things that we can bring to you and your peers. Speak with Gloria, Beth or Pete with your ideas.